

## Community Mental Health Plan: A Resilience Plan for Promoting Community Wellness



### Strategies



#### **Communication Plan/Targeted Outreach**

**Strategy 1:** Follow a Communications Plan that makes available resources easily accessible to people seeking them and targets outreach to communities in order to put resources “in the paths” of those who need them.

- **Action 1a:** Promote Mental Health, COVID, and Parenting Resources
- **Action 1b:** Use Calling Tree to distribute information
- **Action 1c:** Contact Networks whenever new mental health resources are made available



#### **Resilience Week VA**

**Strategy 2:** Collaborate with other Virginia TICNs in the first annual Resilience Week Virginia to bring resilience-building activities and events to all Virginians.

- **Action 2a:** Resilience Week Campaign
- **Action 2b:** Daily Mindfulness Sessions with Students
- **Action 2c:** ACE Interface Trainings
- **Action 2d:** Mental Health and Resilience Town Hall
- **Action 2e:** Feature Alexandria 's Resilience Activities on ACEs Connection



#### **Tools: 311, Mental Health Hotline and Parent Support Line/Text Line**

**Strategy 3:** Leverage existing tools and volunteers to help people seeking MH support.

- **Action 3a:** Leverage Parent Support Line and Text Line.
- **Action 3b:** Leverage Alex311
- **Action 3c:** Promote Mental Health Support Line
- **Action 3d:** Develop Resource Page on Identifying High-Risk Situations and How to Handle Them



#### **Resiliency Guide/Toolkit**

**Strategy 4:** Develop a Resiliency Guide/Toolkits for kids, adolescents, and adults that connects mindfulness tools with mindfulness actions.



#### **Racial, Economic, Immigrant Trauma and Healing**

**Strategy 5:** Promote the use of the equity lens in decision making.

**Action 5a:** Develop Coping Resources for Town Hall Event: Facing Racism. Demanding Change

- **Action 5b:** Develop Coping Webpage
- **Action 5c:** Elevate Local and Global Racial Justice Work
- **Action 5d:** Use Equity Lens on Trainings.
- **Action 5e:** Events taking place, like the Town Hall series, will inform us on what's needed



#### **Post-Pandemic**

**Strategy 6:** Support existing efforts that aim to promote community wellness and resiliency.

- **Action 6a:** Support youth recovery from the pandemic and foster their ability to cope.
- **Action 6b:** Prevent ACEs over Summer
- **Action 6c:** Provide Trauma Trainings (*from CHIP 2025*)
- **Action 6d:** Provide Advocacy Trainings (*from CHIP 2025*)
- **Action 6e:** Develop Performance Measurement